



Bobby Doyle: Navy Strong

Our January 2007 issue featured Bobby Doyle on the cover, and his performance since that time is proof that there is no sports jinx associated with being on the cover of *BFS* magazine. Case in point: the 2008 meeting between the Air Force Academy and the Naval Academy.

One of the most emotional sports rivalries in college football is between the service academies, and this was still the case when the Midshipmen visited the Falcons on October 4. The Falcons were having a great year with a high-powered offense while the Midshipmen were struggling, but they say that anything can happen in a service academy game. Although Navy had not blocked a punt for a touchdown in nine years, in this game Navy blocked two, and one player who scooped the ball up and ran to the end zone for six points was Bobbie Doyle, the son of *BFS* clinician Bob Doyle. Those two scores helped the Midshipmen win 33-27 against their service academy rival for the sixth straight time and put them in the driver's seat for another Commander in Chief's trophy, awarded to the best of the three service academies. Congratulations, Cadet Doyle!

PRODUCT SPOTLIGHT

Oblique Training, BFS Style

Carl Miller was featured in our Fall 2003 issue, and he continually surprises us with his ability to find unique ways to use exercise machines. Here is Carl showing Team *BFS* weightlifter Chloe Van Tussenbroek how to use the *BFS* Abdominal/Low Back Selector machine to train the obliques by sitting sideways. Great idea, Carl!





Carl with Tiara (center) and Chloe

Team BFS Road Trip

On October 4 Team BFS weightlifters Tiara Lusk and Chloe Van Tussenbroek traveled to Santa Fe, New Mexico, to compete in the Fall Match Up Invitational. The meet director was Carl Miller, and the weightlifting competition was held at Carl and Sandra's Conditioning Center. The competition used a special handicap format that enabled athletes to compete equally against other lifters, even if they were in different weight classes. Chloe and Tiara made all their attempts and broke five personal records, and Tiara achieved the highest percentage of improvement of all the lifters (10 percent above her best total).



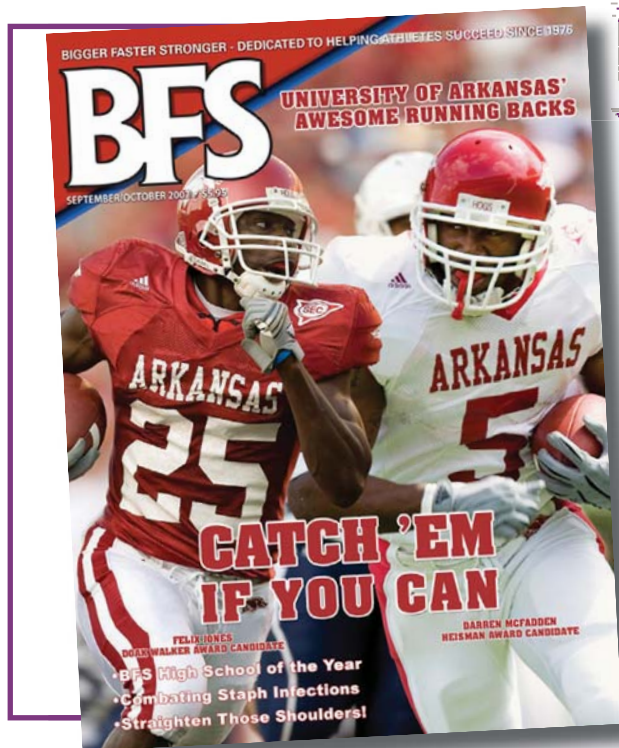
Trip of a Lifetime: GE Global Challenge Bowl

Are you a great high school football player? Are you interested in playing against one of the best high school teams in Japan...in Japan? Then listen up. BFS will be sponsoring one young man to play in the GE Global Challenge Bowl, scheduled for March 21, 2009, in Kawasaki, Japan. To

download a copy of the application, go to the home page at biggerfasterstronger.com, scroll down to the download tab at the bottom of the page, and you'll find a link to the application. The selection process will be conducted by BFS clinician Jeff Scurran, who can be reached at coachscurran@yahoo.com.



DOUBLE TAKES



Arkansas Running Backs Setting the Pace

Arkansas running backs Darren McFadden and Felix Jones were featured on the cover of our November 2007 issue, and they have not disappointed in their rookie seasons in the pros. So far this season, in his first five games McFadden has gained 341 yards on 67 carries, with one touchdown, for the Oakland Raiders; Jones has gained 266 yards on 30 carries, with two touchdowns, for the Dallas Cowboys.

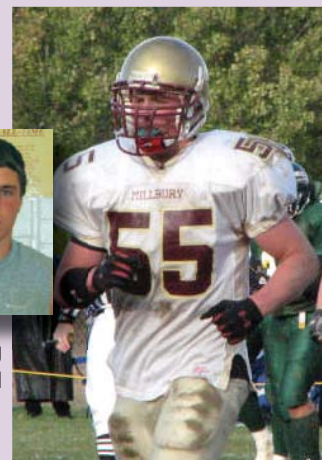
PLAYER PROFILES



Cody Giampa



AJ Blaisdell



Dynamic Duo: Cody Giampa and AJ Blaisdell

Matthew Mulhane is an assistant football coach at Millbury High School in Millbury, Massachusetts, and he recently told BFS about two amazing young men he coaches, Cody Giampa and AJ Blaisdell. Says Mulhane, “Cody and AJ are leaders and inspiration to other student-athletes in school, on the field and in the weightroom. Both these players

have been three-year starters on the football team and a big part of the spring track team. They helped lead both their football and track teams to league championships last year and look to do the same this year. Both of them are strong in throwing and running events, qualifying for district and state events. Their dedication does not stop when they leave

the field; in school they are leaders of the student body, participate in many clubs and organizations, and have GPAs over 3.7.” In the weightroom, Giampa’s best lifts are as follows: bench press, 335; squat, 405; deadlift, 525; power clean, 225. Blaisdell’s bests are bench press, 275; squat, 380; deadlift, 475; and power clean, 245.

The BFS Way

One of our mottos at BFS is that we are “The Nation’s Leader in Athletic Fitness.” One reason we make this claim is that we are continually coming out with innovative products that will help athletes succeed. Case in point: In 2008 BFS introduced the plate-loaded back extension, the assisted chin/dip station, the plyobar, and the unilateral power press. What’s more, all these heavy-duty, extremely durable products are manufactured in our 50,000-square-foot production facility in Salt Lake City, Utah. For the past 32 years, BFS has always been able to offer high-quality, American-made products at the best prices. And with our 70,000-square-foot warehouse, BFS is one of the few companies in the industry to manufacture in the United States. So when you buy from BFS, you are supporting American business and American workers.



The plate-loaded reverse back extension (insert) and the assisted chin-dip station are two new products BFS introduced this year.

Maegan Snodgrass, Warrior Queen



On October 25, 2008, Maegan Snodgrass of Utah State University competed in GripperMania V: The Resurgence, held in Salt Lake City, Utah. This was Maegan’s first weightlifting competition in over two years, and

her comeback was a success, as she qualified for the National Championships with lifts of 158 pounds in the snatch and 180 pounds in the clean and jerk while competing in the 139-pound bodyweight class. Here she is shown

displaying her “Warrior Queen” trophy, and also doing the famous BFS handshake with Jacob Scharnhorst (left), head strength coach at Utah State, and BFS Editor in Chief Kim Goss. Congratulations, Maegan! 

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